

筛选的101种方式 - Adam Lyons

来源: <http://www.pua1024.com/0/89/>

介绍

Introduction

介绍

Investment is the key thing that leads to attraction.

Breaking rapport is the stage that get the other person to form that initial investment. That is the first trigger, or spark, of attraction. Once that initial investment is there you want to capitalize on it and use that to continue the interaction. This is where qualification comes in. If breaking rapport is the spark of attraction then qualification is the attraction wildfire.

投资是构建吸引力的关键。

打破和谐感是他人开始投资的时候。打破和谐感是第一个触发器，或者说，是吸引力的火花。一旦最初的投资已经有了，你想要利用这一点来继续谈话。这就是筛选到来的时候了。如果说打破和谐感是吸引力的火花的话，那么筛选就是吸引力野火了。

While many may understand the essence behind qualification it might be difficult to actually think of specific questions or use your own ideas while in set. It can be challenging to try and create your own, so we thought that compiling a list of them into a guide would

be the easiest way to help others get an idea of the types of questions and statements they should be aiming for whilst creating their own qualifiers.

虽然有很多人了解了筛选背后的本质，但是实际上，在组合中想出具体问题或者使用你自己的主意是困难的。这种尝试还有创造出你自己的筛选是有挑战性的，所以我们想编译出筛选列表作为一种指导，这应该会是帮助别人创造出自己的筛选问题和陈述最简单的方法。

The point isn't to just memorize a bunch of questions off of a list, rather you should be thinking of the traits and characteristics that you are seeking for in a partner and qualify the other person based on those qualities. You will often find that deep rapport is developed as a result of qualification. That is exactly the type of connection that should be forming!

关键不是仅仅将列表上的筛选问题记下来，而是你应该想出你认为你的伴侣应该具有的一些特性和性格，然后基于这些品质去筛选他人。你经常会发现深层次的和谐感的培养是筛选所产生的结果。而那正好就是应该形成的连接类型！

As always, as you continue to speak and interact with the opposite sex you will find that this is something that will occur naturally in conversation. Use our examples as a guide and then create your own. If you come up with any other great ideas or questions feel free to send a message to adam@attractionexplained.com and we can

add it to the next list. Ways to Qualify – Adam Lyons

和平常一样，如果你持续地和异性说、交谈，你会发现筛选会在你们的谈话中自然发生。把我们的例子作为一种指导，然后创造出你自己的。如果你想出了其他好主意或者问题，随便发我信息吧

adam@attractionexplained.com 然后我们可以把这添加到下一章列表中。筛选的方法——Adam Lyons。

为什么我们筛选？

Why We Qualify

为什么我们筛选？

Since qualification is the wildfire that spreads attraction it is the single best way to gain investment, which makes it the most important phase in game. One of the most common problems guys make is that they try to show high value traits in order to impress the girl, however this is often obvious and the very action of trying to impress destroys what value they may have. It's fair to say Brad Pitt wouldn't spend his time talking about his million dollar home, the movies he's been in, his different types of cars and the fact that he sleeps with Angelina Jolie every night. He would more likely ask questions about your life and be interested in you.

因为筛选是蔓延吸引力的野火，它是一个最好的获取投资的方法，这也使得筛选成了游戏中最重要的阶段。一个最常见的问题是一些男人试着展示高价值来给女人留下印象，然而这太明显了，这种试着去给别人留印象的做法摧毁了他们拥有的价值。非常合理地说，布拉德·皮特（美国演员）不会花时间谈论他家里有百万财富、他演过的电影、他有很多不同的车，而且他还每晚和安吉莉娜-朱力（美国影星）睡觉。他更可能会做是问一些你的生活方面的问题，并且对你的情况有兴趣。

People who truly possess high value don't bother trying to impress people. Instead they use qualification to get others to prove themselves to them. It's the hardest stage of attraction to actually learn and one that most people fail to use properly! It can often be hard to know how to qualify the right way, what type of qualifier to use, and to even know what to qualify on. This manual is designed to help guide through all of those issues.

那些真正拥有高价值的人不会自找烦恼尝试着去给他人留下印象。相反，他们用筛选来让别人向他们证明自己。这是吸引力中最难学习、并且是大多数人错误运用的阶段！怎样正确的去筛选，应该用哪种类型的筛选，甚至该筛选什么经常是困难的。这本手册就是设计来帮助解决所有这些问题。

To truly qualify correctly the qualifiers you use should actually have meaning to you. Qualification is where you can get to know the girl and see if she's the kind of girl you truly want. For example one person might want a bisexual girl and qualify with, "About every girl I know has at least kissed another girl. I love that. Have you ever done that or at least thought about it?" while another might want a religious girl and qualify on asking what type of religion they follow.

一个真正正确运用的筛选，应该是一个对你来说有意义的筛选。筛选是你可以去了解女孩的时候，看看她是不是你想要的那种女孩子。比如，一个人也许想要一个双性性取向的女孩子，就会筛选说“我认识的每个女人最少亲吻过另一个女孩，我喜欢那样。你做过这种事吗，或者至少想过这个吗？”而另一个想要一个宗教女孩的人会筛选问别人

他们有什么宗教信仰。

With that said, it is strongly suggested that you use the examples provided in this book as simply ideas and stepping stones to come up with your very own list of qualifiers that you use when out.

就这么说，强烈建议你把这本书中所提供的例子作为简单的主意，作为你想出属于你自己的筛选的进阶石，然后在出去的时候运用它们。

筛选的种类

Types of Qualifiers

筛选的种类

Qualification Statements

陈述筛选

Small Qualification Hoops

小筛选圈套

Medium Qualification Hoops

中等筛选圈套

Large Qualification Hoops

大筛选圈套

The four types of qualifiers are listed above. Each of them serve a separate purpose and can create different levels of attraction, however they all have different concepts that are important to grasp and understand. We will outline them below.

4种筛选列在了上面。它们中的每一种都服务于一个单独的目的，并且可以产生不同层次的吸引，然而他们都有不同的概念，领会和理解这不同是非常重要的。我们会在下面概述。

筛选陈述

Qualification Statements

筛选陈述

A qualification statement is a comment that you would make to someone that you have preloaded with a characteristic that you like. The characteristic is usually a positive one that they will want to live up to. A brief example of a qualification statement is listed below.

一个筛选陈述就是一个你对他人所说的预先加入你所喜欢的特征的评论。这个特征往往是别人所希望做到的积极的特征。一个简单的筛选陈述的例子列在了下面。

“Hey, you seem really friendly, I just wanted to ask you a quick question.”

嘿，你看起来非常友好，我就想问你一个简短的问题。

The sentence above is an example of a qualification statement. Saying “You seem really friendly” is the qualifier. What it does is set the tone for the interaction because by telling them they looks friendly makes them want to live up to the expectation of being a nice person. They are then more open and apt to speak to you and answer whatever question you may have.

上面的句子就是一个筛选陈述的例子。说“你看起来非常友好”就是一个筛选。这样做就是对交谈设定了一个基调，因为通过告诉他们他们看起来非常友好会让他们想要做到这个期望，做一个友好的人。他们接着就会更加开放，更会和你说话，回答你可能会问的无论什么问题。

Qualification statements are great because they require minimal investment on the other persons' part except to agree. In order for them to be in agreement every qualification statement should be framed in a positive way. Using these

allows us to shape their behavior as they will comply to the positive trait.

陈述筛选很棒，因为他们要求了他人最小的投资，只要同意就好。为了让他们同意每一个陈述筛选，陈述应该被框架成积极向上的。用这些可以让我们塑造他们的行为，因为他们会遵循积极向上的特性。

Qualification statements are great for starting an interaction as they work as great opening lines. You can then use them to transition to another type of opener, such as a functional opener or an opinion opener. They are also meant to be used throughout your conversation as they can help solidify your interaction. A brief example of a qualification statement to be used throughout the conversation is listed below.

用陈述筛选来开启一段对话是非常棒的，同样这也是非常好的开场。你可以用他们来过渡到另一个类型的开场白，比如说功能开场白或意见开场。他们同样在你的整个谈话中运用，因为陈述开场能够巩固你们的交谈。一个简单的陈述筛选用来谈话中的例子列在了下面：

“You’re not like all of the other bitchy New York girls. I like that.”

你不想其他所有毒辣的纽约女孩子那样，我喜欢这个。

The statement that you make should cause the person to “prove” that they have the quality you listed. From the example statement above, they will want to prove that they aren’t bitchy and rather be more nice and friendly. A list of examples of qualifying statements can be found over the following pages.

你所做的陈述应该引起他人来向你证明他们拥有你所说的那个品质。从上面的那个陈述例子来看，他们将会想要向你证明她们不犯贱，而是非常友好和善良的。陈述筛选的例子列表可以在下面看到。

小筛选圈套

Small Qualification Hoop

小筛选圈套

A small qualification hoop is a question that only requires a yes or no answer. Using small hoops begins an easy screening frame and elicits an amount of true investment. Any qualification statement can be turned into a small hoop by

simply turning it into a question format. An example would be, “Do you cook?”

一个小筛选圈套是一个只需要回到“是”或“否”的问题。用一个小筛选圈套来开启一个简单的屏蔽框架，同时诱出大量真正的投资。任何陈述筛选可以变成小筛选圈套，只需要简单地把它变成一个问题的格式就行。一个例子就是“你会烧菜吗？”

Being able to successfully qualify is not based on the question that is asked. The response and answer given is what qualification actually is.

能够成功筛选不是基于所问的问题。所给与的反应和回答才是真正的筛选。

In the previous example of asking if they cook, the response given could have just been a yes or no answer. That is OK because that is all that is required of a small hoop, but it is minimal investment. However, they could also invest further by giving a more detailed response:

在先前的例子中，问他们是否会烧菜，对方给予的反应可能就仅仅是一个是或否。这没关系，因为这只是一个小的筛选圈套，这是最小的投资。然而，他们也可以通过给予更多的反映来投资更多：

“Yes, I do cook. I actually make an amazing lasagna that my mom taught me when I was little.”

“是的，我会烧菜。我实际上会做我妈妈小时候教我的超级好吃的千层面”

Obviously the response above is more lengthy which means more investment on their side is being given. The more the other person invests, the better.

很明显，上面的反应更加长，这意味着他们给予了更多的投资。别人投资的越多，越好。

中等筛选圈套

Medium Qualification Hoops

中等筛选圈套

A medium qualification hoop is one that comes off of the back of a small one. With a medium hoop we want more than just a yes or no response, so you want to question them further to elicit a more detailed answer. Asking the questions what or how are great ways to turn a small hoop into a medium one. Probing further into the response asks them to further explain their answer. For example, if after asking if they liked to cook we then asked, “So what is your signature dish?” it would probably get the more lengthy answer we saw earlier.

一个中等筛选圈套就是紧跟着小筛选圈套后面的。运用中等筛选圈套，我们想要的不仅仅是一个是或否的反应，所以要更加深入的向他们提问来诱出更多细节的回答。问什么（**What**）和怎样（**How**）是把小筛选圈套变成中等筛选圈套非常棒的方式。更深入的反馈让他们更深入地解释他们的回答。比如，如果问他们是否喜欢烧菜后，我们接着问“那，你的招牌菜是什么”这可能会让我们得到比我们之间看到的更长的回答。

Another type of medium question is one that is a bit more personal, such as the example that we listed earlier of asking a girl if

she has ever experimented with another girl. If you can ask that type of question, yet don't ask for an explanation, then you are getting a good form of investment and attraction. You can then use a larger hoop to dig deeper and get the type of investment that we want!

另外一种中等问题是问一些私人的，比如我们之前所举的例子，问一个女人是否尝试过和另外一个女孩子亲密，然后你就得到了一种不错的投资和吸引。你可以用大筛选圈套来更深入，得到我们想要的那种投资！

大筛选圈套

Large Qualification Hoops

大筛选圈套

A large qualification hoop is an open ended question that encourages the other person to invest into the conversation and justify themselves to you. This is the most powerful technique to use as they require the participation of the other person in question. They are open-ended questions because we want more than just a one word answer.

大筛选圈套是一个开放性的问题，这个问题鼓励他人投资到交流中，向你证明他自己（译者注：大家还记得**Zen of cool**，禅之酷吗？你自己一定不要向别人证明你自己，这只能证明你价值低于他，除非你在工作面试中.....）这是可以使用的最强大的技巧，因为他们需要他人参与到问题中来。这是开放性的问题，因为我们想要更多，而不是仅仅一个字的回答。

The word why is a powerful tool in encouraging someone to continue speaking more on a subject and to trigger the qualifying responses. A large hoop gains the most investment and is the hardest to use for that very reason. In order to use a large hoop they should already be fine with every type before it. A large hoop not only asks them to explain farther but to also branch off and expand

on the topic or give a detailed story.

这个词为什么（Why）是非常强大的用来鼓励他人继续在某个主题上谈论和引出筛选反馈的工具。一个大的筛选圈套获得最大的投资，也正是因为这个原因，是最难运用的。为了运用大筛选圈套，他人应该先完全跳进前面的那种圈套。一个大筛选圈套不仅仅是让他们去解释更多，同样也是扩展，延伸主题或者得到一个更详细的故事。

“What is the best place you have ever traveled to? Why did you love it?”

“你去旅游过的最好的地方在哪里？为什么你爱它？”

The first part of the sentence, what is the best place you have ever traveled to, would ask for a basic, one word response. By following with asking why they loved it turns the question into a large hoop and will garner the most investment and a better response.

句子的第一部分，你旅游过的最好的地方在哪里，需要一个基础的，一个词的回答。通过接着问一个为什么他们爱这个地方，把问题变成了一个大筛选圈套，会得到最大的投资和更好的反馈。

If someone chooses to not answer a qualification question it might be because they are not attracted or invested enough into the type of question you are asking, they don't want to make themselves seem lower in your eyes, or she might not know how to qualify.

如果某人选择不回答这个筛选问题，这也许是因为他们对你所问的这类问题没感到吸引力或投资力度，他们不想要降低自己在你眼中的地位，或者她不知道怎样取得资格。

If this happens then go back to asking easier and more basic questions and build up to the bigger and more advanced ones as you go. An important key to remember is to always reward someone for the investment they give. Rewarding should be done by the forms of verbal and physical affirmation, which, in essence, is building up sexual escalation. Take the dialogue below as an example of how to build that up.

如果这种情况发生了，那么退回去问一写更简单的、更基础的问题，然后建立其更多更高级的筛选。一个需要记住的非常重要的关键是，总是奖励对方的投资。奖励应该是通过一种口头和身体上的肯定来进行，这，在本质上，就是建立起性升级。看一看下面的对话作为一个例子来学习怎样构建这个

“If you could live anywhere for 6 months, where would it be and why?”

如果你可以在任何地方住6个月，你会选择在哪，为什么？

“I would live in Miami because I love the warm weather and being so close to the beach.”

我们选择在迈阿密（美国佛罗里达州东南部港市）因为我喜欢温暖

的天气，而且那是如此靠近海滩。

“That’s awesome, I’ve been to Miami and I love it there!” (positive verbal affirmation) “Let’s hug to that.” (sexual escalation)

“棒极了，我去过迈阿密而且我也爱那儿（正向的口头肯定）”“让我们为此拥抱一下吧”（性升级）

怎样筛选

How to Qualify

怎样筛选

Now that we understand the essence behind qualification and how it works, here is our list of ways to qualify!

既然我们知道了筛选背后的本质和它是怎样发挥作用的，现在让我们看看筛选方法的列表吧！

Qualifier Statements 28

陈述筛选 28

I love how friendly you are.

我喜欢你这么友善的人。

You seem to be really independent.

你看起来似乎是个真正独立自主的人。

You look like the bad girl.

你看起来像个坏女孩。

I can tell you're very intelligent.

我可以看出你是一个非常聪明的人。

You're the type of girl that always seems up for a fun time.

你是那种看起来总是沉浸在快乐中的女孩。

I can tell you're someone who's very positive.

我敢说你是一个非常积极向上的人。

I bet you're the type of girl who doesn't care what other people think.

我打赌你是那种不在乎别人怎么看你的那种女孩子。

It's great how you don't take yourself too seriously.

你對自己不太較真真的太棒了

You have a great sexual energy about you...

most women can't pull that off.

你有很强大的性能量.....

大多数女人都没有这个。

It's great how you always smile.

你这样笑口常开真是太好了。

You're definitely a rebel, I can tell.

你肯定是一个叛逆者，我敢说。

You're like the kind of girl who really lives in the moment.

你就像那种真正活在当下的女孩子。

You seem very outgoing.

你看起来非常外向。

I love how playful you are.

我喜欢你那么好玩的人。

It's great to actually meet a girl who's humble and not stuck up.

遇到这样谦虚而不自大的女孩子真实太好了

You're absolutely adorable.

你简直可爱极了。

I think you're the type of person who's open to new things.

我想你是那种对新事物保持开放的人。

It's awesome how you seem to love to laugh.

你似乎很爱笑，这真的棒极了。

It's great how confident you are.

你这样如此自信真的超级棒。

You have a great vibe, you're so carefree.

你有一个很棒的共振，你是如此的毫不在乎。

I like a girl who's always down for anything.

我喜欢这样对所有事情都很认真的女孩子。

You're the type of girl who always keeps the party going.

你是那种总是让派对气氛活跃的那种女孩。

You seem very comfortable with me.

你看起来似乎和我在一起很舒适

I can tell you're a very social person.

我敢说你是一个爱交际的人。

It's great how you can make your own decisions without relying on your friends.

你可以不依赖你的朋友自己的做决定真的太棒了。

Bubbly girls are the best. I love that you giggle so much.

活泼的女孩最好了。我喜欢你总是傻傻地笑。

I like how you're a sensual person.

我喜欢你是如此的感性。

You really know how to keep a conversation going, it's so easy to talk to you.

你真的知道如何让一段对话继续，和你谈话很轻松。

I love how down to earth you are. That's hard to find.

我喜欢你是如此的实际。这样的很难找了。

The best types of girls are those who are always up for trying something new.

最好的女孩类型是那种总是打算尝试新的东西的女孩。

Small and Medium Qualification Hoops -28

小的和中等的筛选圈套 28

Are you adventurous?

你喜欢冒险吗？

Are you spontaneous?

你自觉吗？

Do you cook?

你会烧菜吗？

Are you a party girl?

你是一个派对女孩吗？

What hobbies do you have?

你有什么爱好？

Are you willing to try all kinds of sexual experiences?

你愿意尝试各种性体验吗？

What's your favorite book?

你最喜欢的书是什么？

What's your favorite movie?

你最喜欢的电影是什么？

What's the craziest thing you've ever done?

你做过的最疯狂的事情是什么？

If you could be anything in the world what would you want to be?

如果你可以成为这个世界上的任何一样东西，你想要成为什么？

What do you value most in a person?

你对一个人最看重他什么？

What's your biggest fear?

你最大的恐惧是什么？

What's your oldest memory?

你最陈旧的记忆是什么？

What kind of car do you drive?

你开什么样的车？

How good of a kisser are you?

你是一个好的接吻者吗？

What's the best thing you can cook?

你会烧的最好的东西是什么？

What sports do you like/play?

你喜欢/玩什么运动？

What kind of music do you like?

你喜欢什么样的音乐？

What's your favorite type of pet?

你最喜欢的宠物种类是什么？

What do you like to drink?

你喜欢喝什么？

Do you want to be a mom one day?

你想要做一天母亲吗？

What's the worst pick up line you've ever heard?

你听过的最差的开场白是什么？

What's the best pick up line you've ever heard?

你听过的最棒的开场白是什么？

How important is fashion to you?

时尚对你来说有多重要？

What is the sexiest thing about a guy?

你认为一个男人最性感的东西是什么？

Do you always take care of your fashion/appearance?

你经常打理好你的时尚/外表吗？

What is an interesting thing you have done in the past week?

你上周做了什么有趣的事情？

What did you want to be when you were 5 years old?

你5岁的时候想要成为什么？

What is the last thing you have done that you have actually enjoyed?

你最近做过什么你非常享受的事情？

Out of everyone in this bar, apart from me, who is the most interesting person you have spoken to?

在这个酒吧中，除我之外，哪个是你谈话过的最有趣的人？

Large Hoops -32

大筛选圈套 32

What qualities do you look for in a guy?

你喜欢有那种品质的男人？

Which is most important to you health, wealth, or relationships?

健康、财富、人际关系.....哪个对你来说最最重要？

What is the best date you have ever been on?

你经历过的最棒的约会是什么？

What's your favorite sexual position?

你最性感的姿势是什么？

Tell me three interesting things about yourself.

告诉我3件关于你的有趣的事情。

How many guys have you been with?

你交往过多少男人？

What makes you unique?

是什么让你与众不同？

What are your thoughts on true love and soul mates?

你对真爱和心灵伴侣的想法是怎样的？

What is the most adventurous thing you have ever done?

你做过最冒险的事情是什么？

What are your goals in life?

你对生活的目标是什么？

Why did you get into your job?

为什么你选了这份工作？

There are many beautiful women in here, what sets you apart?

这边有那么多漂亮的女人，是什么把你你们分开了？

What did you want to be when you were 5 years old?

你5岁的时候你想要成为什么？

Why aren't you doing that now?

你为什么现在不做那个了？

What's something most people don't know about you?

有什么关于你的事情是别人不知道的？

What would you say your main qualities are?

你主要的品质是什么？

What do you like about a guy based only on looks?

你喜欢一个男人什么仅仅是长相吗？

What's your ideal first date?

你理想的第一次约会是什么？

If you could go anywhere in the world right now, where would you want to go and why?

如果你现在能够去世界上任何一个地方，你会去哪里？

Why do you like _____?

为什么你喜欢_____?

Would you be as confident if you didn't have good looks?

如果你没有好的长相的话你还会自信吗?

What are your pet peeves?

什么是你不能忍受的问题?

What's your sexual fantasy?

你的性幻想是什么?

If we could be doing anything right now what would you want it to be and why?

如果我们现在可以做任何事情，你想要做什么，为什么?

What happened during your first kiss?

你第一接吻的时候发生了什么?

Why is _____ important to you?

为什么_____对你那么重要？

What plans do you have to follow your ambitions?

你对你的目标做了什么计划？

What's your family like?

你的家庭怎样？

What was it like growing up?

这个感觉怎样？

What's the best thing you liked about the place you're from and the best thing about here?

你来的地方和这儿，你最喜欢的事情分别是什么？

What are the characteristics of the people that you like to surround yourself with?

你喜欢什么样性格的人和你相伴？

Have you ever cheated on a boy friend?

你对你的男朋友出过轨吗？

If you could physically change one thing about yourself what would it be and why?

如果你身体上可以改变一样东西，你喜欢改变的是什么，为什么？

If for some reason you lost your job tomorrow what would you do to support yourself?

如果因为一些原因你明天失业了，你会做什么来养活自己？

How do you know you're in love?

你怎么知道你陷入爱恋了？

Spit or swallow?

吐出来还是咽下去？

You're not one of those girls who just dismisses what others say, are you?

你不是那种简单驳回其他人所说的话的女孩，是不？

What do you think of girls who automatically assume that every guy who speaks to them is hitting on them?

你是怎样看那些认为男人和她们说话就是看上她们了的女孩子们？

Do you believe in serendipity?

你相信缘分吗？

Is it trashy when girls go to strip clubs? How about guys? Why do you think that?

女孩子去脱衣夜总会很烂吗？那男人去呢？为什么你这样想？

Would you marry for love or money?

你会为钱还是爱结婚？